

## **Chronic Pain Self-Management Program**

The Chronic Pain Self-Management Program (CPSMP) was originally developed by Dr. Sandra LeFort at McGill University in Montreal and later updated at Memorial University of Newfoundland, St. John's, Newfoundland with Lisa (Cardas) Sulyok, RN. The CPSMP was developed in conjunction with Dr. Kate Lorig of the Stanford University Patient Education Research Centre. The CPSMP has been adapted from the Arthritis Self-Management Program (ASMP) and the Chronic Diseases Self-Management Program (CDSMP). The Chronic Pain Self-Management Program has been developed for people who have a primary diagnosis of chronic pain. Those who have conditions where pain is a symptom and not the primary problem may wish to participate in the CDSMP or disease-specific programs initially. Chronic pain conditions that would be appropriate for the CPSMP might include: chronic musculo-skeletal pain (such as chronic neck, shoulder, back pain, etc.), fibromyalgia, whiplash injuries, chronic regional pain syndromes, repetitive strain injury, chronic pelvic pain, post-surgical pain that lasts beyond 6 months, neuropathic pain (often caused by trauma), or neuralgias (such as post-herpetic pain, and trigeminal neuralgia), and post stroke or central pain. It may also be appropriate for those with conditions such as persistent headache, Crohn's disease, irritable bowel, diabetes with neuropathy, and for individuals who have severe muscular pain due to conditions such as multiple sclerosis.

It is important to note that the scientific studies of the CPSMP have been primarily with people who have chronic musculo-skeletal pain. The results from two randomized controlled trials have shown an improvement in the lives of those who participated in the program that is consistent with the results of studies of the ASMP and the CDSMP. In addition, the program has been delivered in 10 clinics in the province of Ontario to a wide range of individuals with various types of chronic pain. The program appears to have beneficial effects for a wide range of people suffering from various chronic pain conditions.

### **Topics Covered:**

- Overview of self-management
- Debunking myths
- What is chronic pain?
- Making an action plan
- Feedback/Problem-solving
- Fitness/Exercise
- Pacing activity & rest
- Using your mind to manage symptoms
- Difficult emotions
- Fatigue/sleep
- Communication
- Healthy eating
- Medications
- Depression
- Making treatment decisions
- Working with your health care professionals
- Future plans